

Water Aerobics

No Impact, Cross-training Workout for Adults

This class combines modern methods of water exercise through walking, running, and condition to produce a cardiovascular workout perfect for everyone, regardless of swimming ability.

Loma Verde Pool • 1420 Loma Lane, Chula Vista
(619) 691-5081

CLASS TIMES:

WATER WALKING

Monday/Wednesday/Friday, 11 am - 12 pm

DEEP WATER

Monday/Wednesday/Friday, 12 - 1 pm

Residents: \$30 for 10 classes or \$4 per visit / Nonresidents: \$35 for 10 classes or \$5 per visit

